

# Bridge the Dietary Fiber Gap

The average American consumes well under the recommended daily intake of fiber. In addition to eating high fibrous foods, supplementation can help you achieve the recommended daily intake of fiber.

## An adequate amount of fiber in your diet:



Helps the body maintain healthy levels of cholesterol, triglycerides, glucose, intestinal regularity, and healthy intestinal microflora (food for good bacteria).



Supports the ability of the immune system to recognize and destroy invading organisms, contributing to the body's ability to defend against toxins.

## NutriClean® Advanced Fiber Powder with Stevia:

A special blend of fibers and probiotics team up to deliver optimum cleansing by purifying the colon.



### Probiotic Blend (*Lactobacillus acidophilus*, *Lactobacillus plantarum*, *Bifidobacterium bifidum*, *Lactobacillus casei*)

Probiotics are beneficial bacteria that help maintain an optimal bacterial balance in the digestive tract and may help maintain a healthy immune system and colon.



### Inulin Fiber

A prebiotic, which is a food source, that provides nourishment for the beneficial bacteria in the digestive tract.



### L-glutamine

Glutamine, a restorative amino acid that the GI tract uses as its source of fuel, supports overall health by helping to maintain normal cholesterol and blood glucose levels, and promoting immune health.



### Fibersol-2®\*

Supports the elimination of wastes and colon cleansing and helps to maintain balanced bowels.

## Health benefits of NutriClean Fiber Powder:

- Helps cleanse the colon.
- Helps maintain balanced bowels.
- Helps relieve occasional constipation.†
- Promotes healthy growth of good bacteria in the colon.
- Provides fuel for cells lining the small intestine.
- Supports overall health by helping to maintain normal cholesterol levels.

†This product is not intended to treat chronic constipation, which could be a symptom of a serious disease. If you experience chronic constipation, you should consult your physician.

## Did you know?

According to federal dietary guidelines, the daily recommended dietary fiber intake for adults is between **23-34 grams per day**.

Findings show that most diets are only achieving half the recommended daily value, with **the average daily intake of dietary fiber among adults being:**



These statements have not been evaluated by the Food and Drug Administration. This product(s) is not intended to diagnose, treat, cure or prevent any disease.

\*As Fibersol-2®. FIBERSOL® is a soluble dietary fiber produced by ADM/Matsutani LLC.